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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "I Yam What I Yam"...Information from the Reports and Special Programs Branch, Production and Marketing Administration, U. S. Department of Agriculture.

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When is a potato not a potato? Answer: When it's a sweet potato. That's right, homemakers, the sweet potato is no relation to the Irish potato. But they do have some things in common...particularly right now.

For one thing, they're both in abundant supply. You can get all you want at your favorite grocery. Second...prices are low...below ceilings in most parts of the country. Third...they're both healthful, nourishing foods, rich in minerals and vitamins. And fourth...they can be served in many delicious, taste-tantalizing ways.

Of course, sweet potatoes won't be around as long as Irish potatoes. They're not produced in the quantity that plain spuds are, and they don't do too well in storage.

But you can have lots of them between now and November 1, and after that cured varieties should be available for your Thanksgiving and Christmas dinners. Like ordinary potatoes, sweet potatoes can be boiled, mashed, hash-browned, and baked. In addition, you'll find that sweet potatoes make delicious pies and puddings. Your favorite recipe book will probably tell you how to make sweet potato cakes, sweet potato puffs, and sweet potato and apple scallop. And then of course, there's the old standby...candied sweet potatoes.

Sweet potatoes pack a real prize package of food values under their skins, so for best results, cook them with their jackets on. And for the most "good" out of them, eat them, jacket and all.

